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See Page 23



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Advertising (to be set) Deadline:  
**Thursday 10 October - 5.00pm**  
Camera Ready Copy: **Tues. 14 Oct. - 12 Noon**  
Newry Advertiser Published: 27 October

To Advertise in the Newry Advertiser:  
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**Nathan joins the stars for the return of Opry An Iúir**  
**SEE PAGE 13**


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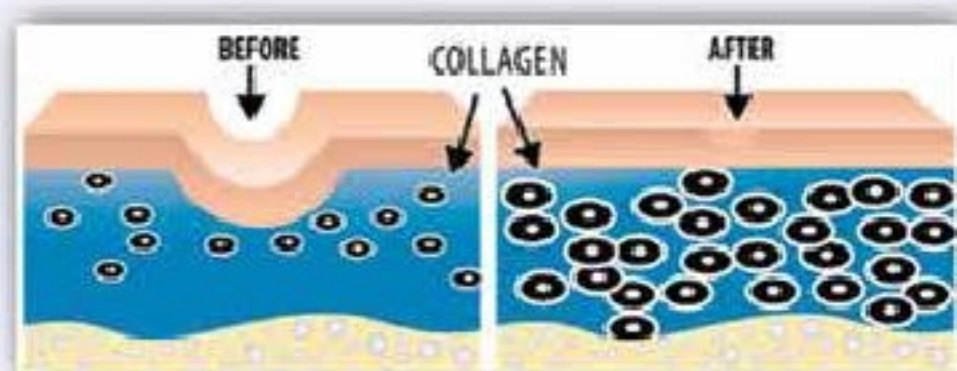
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# NEWRY STYLIST IS IRELAND'S TOP HAIR COLOURIST

Caroline McNeill, from leading hair salon, All Aspects of Hair Design, in Newry has been recognised as one of Ireland's top professional hair colourists following her success at reaching the UK & Ireland Final of the hairdressing industry's most prestigious competition, the Wella Professionals TrendVision Award 2014, in the Color Category.

This year's Wella Professionals TrendVision Award had over 900 entries at the initial Photographic stage from which Caroline finalised down to the last 16 in the country to the Dublin heat; with Heats taking place all across Ireland and the UK it was great to even acquire a finalist position.

Following Caroline's success at the Irish Heat on Monday 1st September,



Caroline McNeill at the Wella Professionals TrendVision Award 2014 Show.

she is now one of only 6 Irish hairdressers in the Color Category to reach this year's UK & Ireland Final. Caroline was the only one successful from Northern Ireland making her one of the country's most sought-after and in-demand professional hair stylists.

Created to discover and acknowledge the industry's most skilled hair stylists and colourists, the competition focuses on all aspects of hair styling and colouring, and the Photographic and Irish Heats are judged by some of the UK's leading hair icons, including Darren Ambrose, Caroline Spencer, Jayson Gray and Nicky Clarke. Each year, Wella Professionals produces key trend looks that are designed to inspire the competition. The Young Talent Category is open to stylists under 30 years old to showcase their styling, technical and finishing skills, whilst the Color Category gives colourists of any age the opportunity to express their creativity and put their colouring skills to the test. Caroline being one of over 20 Wella Master Colour Experts in the country as it is, is no stranger to the art of perfecting and correcting hair colour.

This year the trend movements are Urban Native and Borderline Beauty, entrants are asked to interpret one of the trends with their own personal style. This annual four stage competition kicked off earlier this year with a Photographic Entry and Caroline's interpretation of Borderline Beauty took her through to the Irish Final where she presented to a panel of judges and showcased her chosen trend on a live model in a dazzling evening show. Caroline created her look on local model Molly Dobbin, makeup artistry by Julia Clements and fashion by Carmel Daly Fashion Stylist Dublin.

"I'm so proud to have reached the UK & Ireland Final of such a prestigious competition. I've always had a huge passion for hair and I am very excited



CAROLINE MCNEILL  
ALL ASPECTS OF HAIR

18 Elmgrove, Newry • Tel. 078 4190 9778



about taking part and competing against the best hairdressers in the country at the Wella Professionals TrendVision Award UK & Ireland Final in October".

Caroline will now have time to prepare for the Wella Professionals Trend Vision Award UK & Ireland Final, one of the industry's biggest and most inspirational events. Taking place on Monday 6th October at legendary cultural venue - the Roundhouse in London's Camden - competitors will present in front of hundreds and be judged by the best in the industry for the opportunity to walk away with the ultimate accolade in hairdressing.

Should Caroline be successful at the UK & Ireland Final, she will benefit from a dedicated mentoring programme. She will then compete at the International TrendVision Award, due to take place in Monaco in November 2014.

#### GO TO THE BEST

So whether you fancy a totally new style, brand new colour, the latest celeb look, or just want advice from the hairdressing elite, book your appointment now with Caroline McNeill at All Aspects of Hair Design, 18 Elm Grove, Newry, Co Down on 078 4190 9778.

To book tickets or find out more information about the Wella Professionals TrendVision Award UK & Ireland Final please call the Wella Studio Dublin on 01 4160900.

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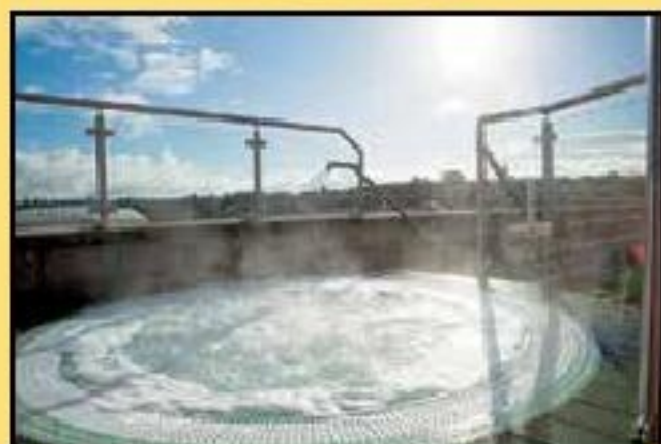
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## Monday 27th October 2014

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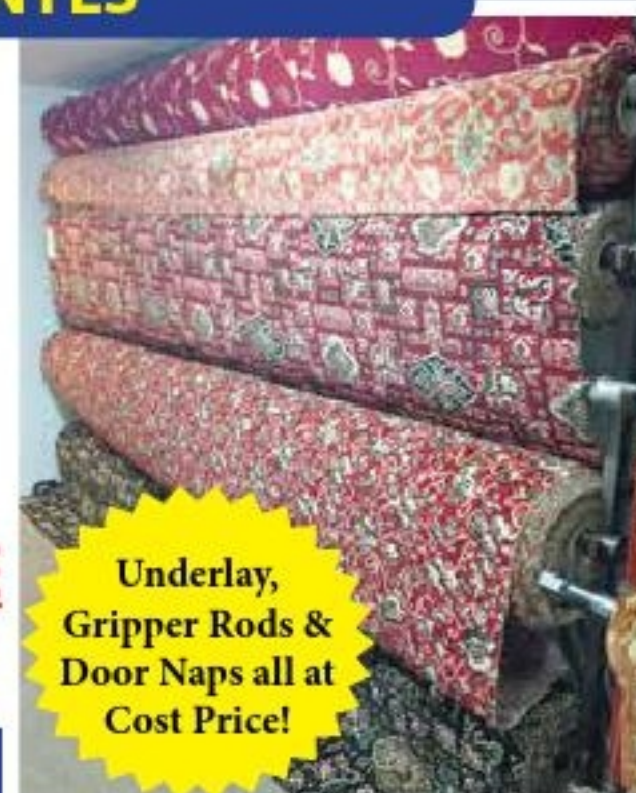


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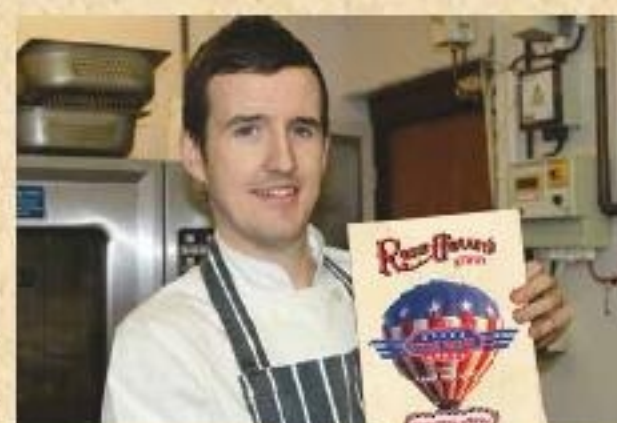
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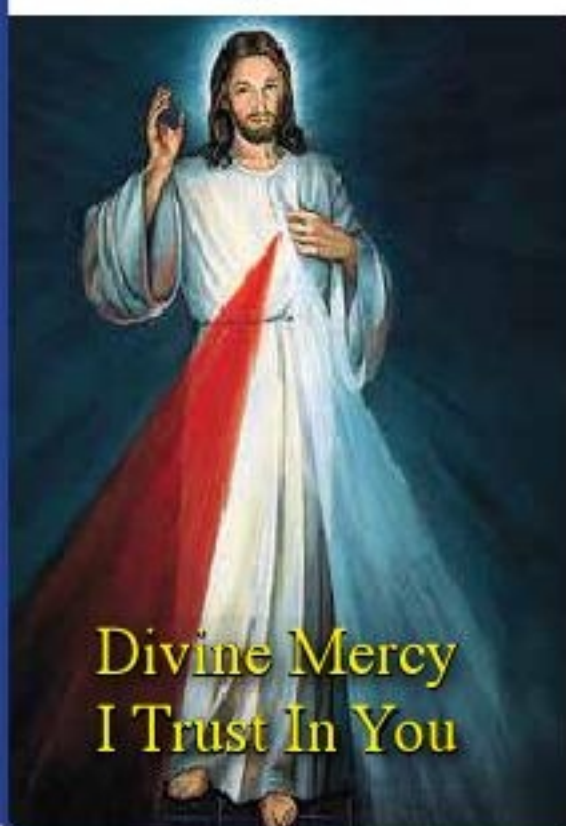
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Human Givens psychotherapists firstly teach coping techniques which calm the scary symptoms, and lead to their complete disappearance. Then they help the calmer individual to deal with the stressful issues in their lives, without tranquilizers. Almost miraculous results can be produced in a few sessions, even in people who have suffered prolonged symptoms.

#### UNDERSTANDING ANXIETY, OVERWHELM AND PANIC

Anxiety results from our body's overuse of an ancient mechanism, the 'fight or flight' response, designed to save our distant ancestors from the threat of attack. The emotional part of the brain, having detected the threat, produces hormones, particularly adrenaline, which prepares the body for serious action.

Unfortunately, our brains still use this mechanism to deal with every day "threats", such as an over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a



**Paul Grant**

previous panic attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of "going crazy," of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenaline overload! People can

learn to control this and so recover quickly and completely.

#### ADRENALIN TOXICITY- THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the "rabbit caught in the headlights of a car". To live a healthy life, we must stop the brain producing excess adrenaline. The initial solution therefore, irrespective of the cause our anxiety, is always to decrease the production of adrenaline by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided-imagery and the "Rewind Technique" which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a qualified Human Givens Psychotherapist. As a Consultant Psychotherapist he runs a private therapy practice from The Newry Clinic, Windsor Hill, of the Belfast Road. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 077 3973 1424.

For more information see [www.paulgranththerapy.com](http://www.paulgranththerapy.com)

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## Revolutionary Mini Tummy Tuck

### NEW TREATMENT ARRIVES IN NORTHERN IRELAND

Summer is a stone's throw away, and whether you plan on spending your summer holidays in a far-flung and exotic location or a bit closer to home, most of us are facing the same predicament. Namely, how we can blast our body into shape in time to slip into that body-hugging tee that we bought perhaps a little too optimistically last year, because let's face it, those pesky few pounds that were supposed to melt away - well, they haven't lost themselves.

Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck. Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. The best part? It's completely non-invasive. No surgery, no knives, no long recovery times.

Yep - we're serious. Therapie Clinic was one of the first beauty clinics to start the revolution in Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Heidi Klum and Britney Spears.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes. Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%. You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox.

One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy.

If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic. It's a fraction of the cost of a surgical procedure, and you can get straight back to normal activities immediately.

Why not book a free consultation and learn more about their amazing new treatments, call 08000 121 565 or read more online at [www.therapieclinic.co.uk](http://www.therapieclinic.co.uk)

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Find out more about our treatments, visit [www.therapieclinic.co.uk](http://www.therapieclinic.co.uk)



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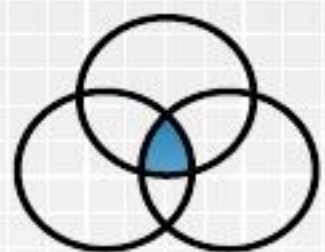
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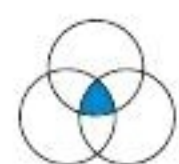
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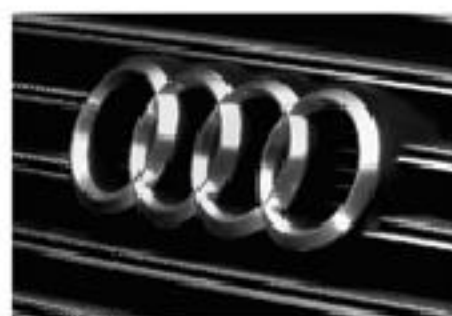
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Models Shown: Jazz 1.4 i-VTEC ES Plus Manual in Milano Red Non-Metallic, Civic 1.4 i-VTEC 5 Manual in Milano Red Non-Metallic and CR-V 2.0 i-VTEC 5 Manual 2WD in optional Passion Red Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC 5 Manual, £1,299 Advanced Payment offer on CR-V 2.0 i-VTEC 5 Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 July 2014 to 30 September 2014 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL2 8QY. (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB.



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